Mat-Su Monitor

WINTER 2016 VOLUME 40 NUMBER 2

Zombie Prom PAGE 6

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Student Veterans of Mat-Su College

By Philip Jean

The Student Veterans of Mat-Su College (Veterans Club) is for any veteran or those who support veterans. The club's purpose is to support each other any way necessary. If you need anything we are here for you, but in the meantime we are just going to have a real good time, as only veterans can.

To put it formally, we are a peer support group for all individuals who support veterans and/or are veterans. The Veterans Club's main focus is to provide a place for club members to relax and participate in fellowship. The Veterans Club members will be peer advocates for each other by directing members to the correct organizations and aiding other veterans who are transitioning into civilian life.

The next Veterans Club meeting will be November 22, 2016, 12:00 p.m. in room JKB 114. To find out more information about our club, such as future meeting times and club information, feel free to visit our Facebook page at https://www.facebook.com/groups/studentveteransofmatsu-college/

MSC SGC

GET INVOLVED WITH YOUR

STUDENT GOVERNMENT

MEETINGS EVERY WEDNESDAY

11:50 - 12:50

JKB 108

What's happening in Student Government: a message from your SGC President

By Jack Rogers

In the last edition, I talked about coming out of our shells and participating in the college experience. To my most pleasant surprise a lot of students did just that.

I cannot express my thanks for all of you that have started participating in our events. We have several more events planned for this semester, from the Alaska Native Cultures event on November 16 to Thanksgiving treats on November 21-23.

Student Government will be giving out slices of your favorite holiday pies and cookies as well as apple cider in the atrium. We want students to know that we are thankful for your participation and it is our mission to serve the students of Mat-Su College.

Lastly, we have begun planning snack week which happens every semester during finals week. During snack week we will be set up in the atrium and in Snodgrass Hall from 7 AM to 7 PM giving out hot coffee and snacks.

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Student Government Council President, Jack Rogers.

Coalition of Student Leaders Update

By Corrina Atkins-Gilleland

Student Government Council Secretary-Treasurer, Corrina Atkins-Gilleland.

The Coalition of Student Leaders is meeting every two weeks this semester which is great for students who are concerned about what is going on campus-wide and university-wide. It is easy to forget at a community college with a community feel that our students are an important part of the bigger picture! Budget cuts and tuition increases greatly affect small campuses like ours that are attached to the UAA system. It's really important for students to get involved, provide testimony, call in, and advocate for other students. The Coalition of Student Leaders represent the students of their respective campuses and if they do not hear from students it is very hard for them to make sound recommendations to the Board of Regents and University President Johnson.

At the October 26 coalition meeting President Johnson called in to give student leaders an update on some of our current budget issues and to get some thoughts from student leaders on these issues. The

Continued on page 5

Faculty Profile: Dr. Fox

By Philip Jean, with contributions from Sydney Poorbaugh

Dr. Debi Fox is a Matanuska-Susitna College English teacher who strives to prepare her students for success.

Debi Fox has overcome many obstacles in her teaching career. She has determination that allows her to help others in a variety of fields. For example, she has worked as a department coordinator, a UAA faculty senator, a Phi Theta Kappa advisor, and a member of the general education review, as well as many other roles.

Dr. Debi Fox. Courtesy of Mat-Su College.

Dr. Fox never planned to become a teacher. Her mind was changed when she was offered a teaching position at her graduate school. She became hooked in the teaching field after that job offer.

Debi Fox's main goal is to teach everyone that they can write. Many students and faculty have spoken highly of her. One student stated that Dr. Fox is "very nice and professional." Another

Continued on page 9

CALENDAR

November 21-December 17: MSC Student Art Show, FSM 200.

November 21-23: Student Government Thanksgiving treats in atrium.

November 21: Last day of Math Department food drive. Look for canisters across campus.

November 22: Last day of Human Services Club hat, glove, and scarves drive. Look for canisters across campus.

November 24 and 25: Campus closed.

December 12: Finals week begins. Student government will have snacks in Snodgrass and the atrium.

December 17: Semester ends.

December 22: Grades available online.

December 24-January 3: Campus closed.

January 11: New Student Orientation.

January 16: Campus closed, Alaska Civil Rights Day.

January 17: Spring semester begins.

January 27: Add/Drop deadline.

February 6: Summer 2017 schedule available on UAOnline.

March 13-17: Spring break.

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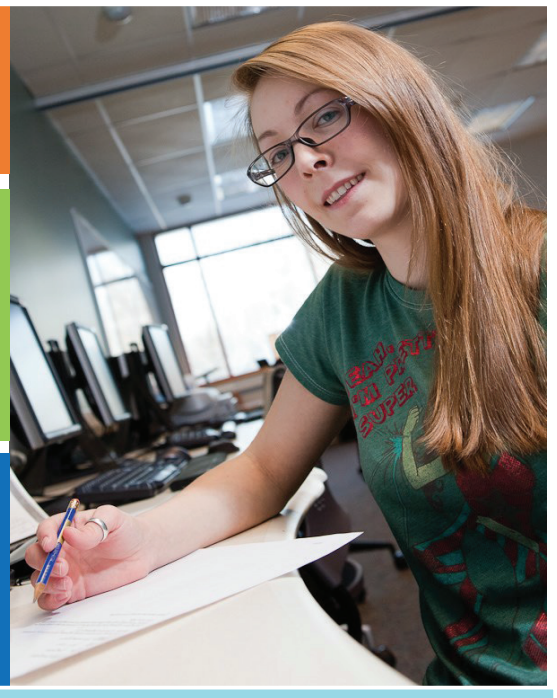
APPLY FOR ADMISSION

FAFSA ASSISTANCE

MSC & UAA SCHOLARSHIP INFO

MEET MSC & UAA REPRESENTATIVES



APPLICATION DAY!

DECEMBER 14, 3-6:30 P.M.

MAT-SU COLLEGE FSM 104

CALL 907-745-9762 TO REGISTER TODAY!

Preparing For Competitive Degree Programs

By K.B. Holbrook

Every year a large number of students come to Mat-Su College to pursue a competitive degree program, like Paramedic, Nursing, Dental Hygiene, Rad-Tech, etc. Each program has a unique application procedure, though most rank applicants on a combination of GPA, completion of pre-requisites, and offer an advantage for related licensure or work experience. From there programs usually either use an entrance exam score or a scored interview to further narrow down the pack. Savvy students make sure they are competitive by taking advantage of tutors, studying hard to get a good GPA, and getting practice exam guides to study. However, very few students take advantage of university resources available to prepare for competitive interviews. In fact, in the last year, I had only one student come in for help preparing for that interview process (spoiler! she was accepted into her program).

So, how do you prepare for a competitive interview process? Well, the first step is to get your resume updated. Most selection committees will want to see it, and it will help demonstrate your knowledge, abilities, and experience. In the event that the interview committee is able to ask you their own questions, a resume can draw the interest to relevant experience that might make you stand apart from other applicants. When assisting someone with interview prep, starting with the resume also helps me learn more about an individual's background so I can do a better job of assessing their interview skills.

The next step to preparing for a competitive interview is simply to practice interviewing. For a student who

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Mat-Su College
University of Alaska Anchorage

UAA
UNIVERSITY of ALASKA ANCHORAGE

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The *Mat-Su Monitor* is the student newspaper of Mat-Su College. The *Monitor* aims to report college news and serve as a forum for student writing. The *Monitor* seeks submissions of news, editorials, and short fiction from all students, staff, and faculty of Mat-Su College. All students are invited to attend the *Monitor*'s weekly meetings. Details on participating in or submitting content to the *Monitor* can be found at http://matsu.alaska.edu/office/student-government/student-clubs/mat-su-monitor/.

The Mat-Su Monitor is funded by the Mat-Su College Student Government Association and our advertisers. For information on advertising in the *Monitor* contact Micah Muer at mwmuer@alaska.edu or 907-745-9758.

The opinions expressed the *Monitor* article are solely those of its authors. They do not necessarily reflect the opinions or policy of the college, its students and employees, or the wider University of Alaska system.

Beat the Rush!

By Mariana Weatherby

Applying for admission right before the semester starts is similar to shopping for French's Fried Onions the morning of Thanksgiving. It seems that everyone else is after those onions and when you arrive at the checkout line you are thinking to yourself, "I should have done this earlier."

The good news is that you can beat the rush by applying for admission early. Join Mat-Su College and the University of Alaska Anchorage for College Application Day on **December 14th**! This is a free event open to students who are interested in attending Mat-Su College or the University of Alaska Anchorage. Representatives from both campuses will be available to help you complete the application.

Unable to join us for College Application Day? Don't worry. The admission office at Mat-Su College is here to help. If you have any questions about the admission process, please contact Mat-Su College Student Services at 745-9746.

DATE	LOCATION	TIME
Wednesday, Dec 14th	**Mat-Su College, FSM 104**	**3:00-6:30 P.M.**

My Personal Religious Insights

By Art Carney

Religion is an accepted part of human life, but in my early twenties I began to question the wisdom of a God who would condemn me to hell for getting drunk, even though I honestly had no intention of doing so. That question, and other problems continued to get worse until I sobered up a few years later in my mid-twenties. During the next year or two, with a wife and three kids, questions about birth control and personal responsibility became a problem that drove me to become a fallen away Catholic, hoping to find a better understanding of life, the nature of God, and the need for religion.

My search for Truth continued into my forties, when a mid-life crisis compelled me to develop a personal set of rules to live by that made sense to me because they were based on common sense. My new rules gave me some peace of mind and contentment, but my search for a broader understanding of life continued. I trusted science to answer questions about the physical universe, while I sought to understand how to live a fuller life. I took many 101-level college classes over the next 20 years, which broadened my general understanding of life, and eventually it occurred to me that religious beliefs are based on spiritual principles that are inherent in human culture —which was established by the Neanderthals who were concerned about the survival of their group. That concern influenced their behavior toward each other (see "Cro-Magnon," by Brian Fagan, c. 2010).

Evidently, the "good-of-all" is at the base of human culture, and accounts for the Neanderthals' long-term survival. Many centuries later, the "good of all" was recognized as the essence of Spirituality after Jeremiah, Socrates, Confucius and the Buddha introduced a new way of thinking to humanity. Their ideas resulted in a need to establish organized religions that could explain the new concept of Spirituality to every culture in the world. (see "The Great Transformation," by Karen Armstrong, c. 2000).

Most religious beliefs are based on Spirituality, but some beliefs are a double edged sword that cause prejudice, discrimination, and holy war, which is contrary to spirituality. Obviously, the rules we live by need to be on a plane above religious beliefs. The "homemade" rules that changed my life for the better years ago employ spiritual principles, but my rules were not necessarily dictated by religion. Beneficial changes occur in individuals who come to see the universe and human life from a point of view that is beyond religion. Religion will always be the first step in our culture that sets the stage for human progress, but spirituality is the key to entering the next higher plane of our existence.

Encouragement

By Rachel Goodall

Encouragement in our society is lacking. The word encourage means to inspire (someone) with the courage or confidence (to do something).

Everyday we meet someone who needs more courage to complete a task or needs confidence to make a decision. You have the power to encourage others around you. You have the opportunity to reach out and inspire those around you. Get out of your comfort zone today and put a smile on someone's face.

GET INVOLVED IN YOUR SCHOOL NEWSPAPER!

The Mat-Su Monitor

The Monitor is looking for:

- Reporters (bring your own article or take an assignment
- Artists and cartoonists
- Fiction writers and poets
- Students interested in marketing, sales, or accounting
- Graphic designers or anyone with desktop publishing experience
- Anyone else who wants to participate in a college newspaper!

For more information, or to submit article online, search Mat-Su Monitor on the college website

MONDAYS AND THURSDAYS
12:00-12:50PM
LIBRARY ROOM 213

YOUR STORY COULD BE HERE!

Write an interesting paper for a class? Experience something on campus that you want to share with others? Have a strong opinion about an issue? Just want to share a poem or short story? Now any student can submit content through the Monitor's webpage! Just Search "Monitor" on the college website to find it.

MAKE A POSITIVE IMPACT IN YOUR COMMUNITY

Play an important role on the Mat-Su College Campus. Being on a committee can help to enhance your career, give you a chance to give back to your community, and give you the opportunity to challenge yourself by helping to shape your society.

Current Mat-Su College Committees open to the student body:

Board of Elections	Mat-Su Carbon Crew
Concert Committee	Pizza Committee
Constitution Committee	Planning Committee
Dance Committee	Renewable Energies Committee
Finance Committee	Sports Committee
Health and Wellness Committee	

Or join one of the student clubs. Clubs are a great place to meeet like minded people, have fun, learn new things and relax.

Alaska Native CultureClub	Mat-Su Carbon Crew
Christian Society of Fraternity and Service	Mat-Su Dance Club
	Mat-Su Monitor
Drama Club	MSC Veteran's Club
Health Services Club	Paramedic Association

Joining a committee or club looks good on resumes as well as gives you a chance to connect with fellow students, staff and faculty. You owe it to yourself to try them out. If you don't see a club that interests you, you can start one of your own. Student Government will fund you up to $300 to cover expenses. You can pick up a form at the Student Government office in JKB 114, near the café.

MSC Mathematics Faculty Presents:

Math Cram Jam

Feel like screaming "HEEEEEELP!" when it comes to math?

Want company when you study for math exams?

$$\int_0^\infty e^{-x^2} dx = \frac{\sqrt{\pi}}{2}$$

Come to Snodgrass Hall for food & studying.

Math faculty will be available to answer questions.

SATURDAY, December 10, 2016

SNODGRASS HALL from 9:00a-2:00p

Microsoft Office, for Free

By Art Corvelay

As a student affiliated with a UAA campus, you have free access to Microsoft's Office 365 website.

Office 365 offers browser-based versions of some the popular Office programs: Word, Excel, and PowerPoint. These lack a few features found in their desktop counterparts, but make up for that by saving your files to "the cloud" and by allowing multiple users to simultaneously edit the same document.

Better still, Office 365 users have the option to install the full 2016 versions of Word, Excel, and PowerPoint. Simply sign into Office 365 and click the "Install Now" button.

You can access Office 365 by visiting https://portal.office.com and signing in with your UA username followed by @ua.alaska.edu.

Students who want a free, no-strings-attached office suite that will be available long past their graduation should look at LibreOffice (https://www.libreoffice.org/).

tutor.com

By Art Corvelay

It's 12:41 AM. Empty energy drink cans and candy bar wrappers litter your desk. You've just finished the last sentence of the last paragraph of your big paper – the one due at 9:00 AM. You hoped to get one of the college's Learning Resource Center's English tutors to read over it, but now it's too late. You're SOL.

Or maybe not.

Turns out all Alaska residents are eligible for live homework help through an online service called Tutor.com. These tutors can help with subjects ranging from Calculus to World History and nearabout anything in-between.

Using Tutor.com's services couldn't be easier. Just go to www.tutor.com/alaska, pick a subject, and then click "Connect Now." Within moments you will be able to chat with a real tutor; you can even share files for them to review or draw on a virtual whiteboard.

Still not convinced? Here's a few more selling points. Tutors are available from *every day of the* week from noon to 2 AM (goodbye, pants). The website actually works well. Tutoring is available to students from kindergarten to college. (Now somebody else can help your kids with their homework.) It's entirely free.

Convinced now? Good. Just don't forget about the college's Learning Resource Center; its tutors aren't available until 2 AM, but they're nice people all the same.

HAVE SOME QUESTIONS? TRY ONE OF MAT-SU COLLEGE'S LEARNING SERVICES.

Elizabeth J Fallon Learning Center*

OLB 121 745-9772 http://matsu.alaska.edu/offices/the-learning-center/tutoring/

WRITING

Monday & Tuesday 9:00 - 1:00

Friday 10:00 - 2:00

MATH

Monday & Wednesday 9:30 - 3:00

Tuesday & Thursday 9:30 - 2:30

ASL

Mondays & Wednesdays 2:00 - 4:00 **FSM 107**

***Tutoring is available only for students enrolled in MSC courses**

Hours are subject to change Tutors available Aug 29 - Dec 15

Online Tutoring:

Alaska State Library provides the Live Homework Hotline at tutor.com/alaska from 1pm-2am

www.tutor.com/military for military families who qualify

Khan Academy: Videos (math, science, economics, history) http://www.khanacademy.org/

Foreign Language: http://libraries.mangolanguages.com/alaska/start (includes English)

Writing: http://writing.wisc.edu/Handbook/index.html

http://bcs.bedfordstmartins.com/rules7e/#t_669460

http://www.paperrater.com/

http://blog.apastyle.org/apastyle/

Additional Help available in the Learning Center

Rosetta-Stone Language Software

Computer Stations

Textbooks, Videos and Other Resources

Mat-Su College Library by the numbers

0: cost for students, staff, faculty, and public to use the library or get a library card.

2: cost of a book in the library's ongoing discarded book sale.

7: library staff who can help you find books, answer questions, or tackle your paper's research.

71: the average number of close friends a librarian has.

77: libraries in the Joint Library Catalog, the library system we participate in and from which you can request materials (see below).

300: the bowls of oatmeal prepared annually in the library's microwave.

70,000: the items in the Mat-Su College library.

1.8 million: the number of items available in Alaska libraries that participate in the Joint Library Catalog. Using the "Place Hold" link in the library catalog search, most any one of these items can be delivered here.

330,000,000: the number of unique books, CDs, movies, etc., listed in WorldCat, a worldwide catalog of items owned by over 70,000 libraries. Many of these items can be sent to Mat-Su College Library for your use by filling out the InterLibrary Loan form on the library website. Just enter your name and the name of what you're looking for and the library will do the rest.

Every month student government offers free pizza to students.

Student Government Council Scoop

By Philip Jean

The purpose of this article is to inform the students of Matanuska-Susitna College (MSC) of what is being discussed in Student Government Council (SGC) meetings, and to inform the Student Body of what their SGC is doing for them. Here is the scoop.

This article covers SGC meeting from September 21, 2016 to November 02, 2016. SGC meetings are open to all students and start at 11:50 A.M. in room JKB 108 every Wednesday, unless otherwise posted.

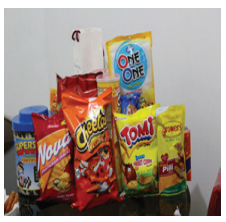
- Dr. Heather Allen and Craig Ballain are the faculty advisers for the SGC. Eric Blomskog and Jo Didiano are staff advisers.
- The bridge that connects Snodgrass Hall and FSM Building is expected to be finished by January 02, 2017.

The following clubs have been disbanded (if you do not like seeing clubs disbanded, **get involved**!):

- MSC Gay Straight Alliance
- MSC Japanese Culture Club
- MSC Metal Hedz
- MSC Veterinary Assisting Club
- MSC Dance Appreciation Club
- MSC We The People Club
- MSC Art Club
- MSC Tabletop Games Club
- MSC Game Designers Club

- Members of the SGC attended a Student Coalition meeting in Fairbanks, AK.
- On November 16, 2016, the Alaska Native Cultures Club will conduct their Heyi Niltu event. There will be food, performances, and other events in the Glenn Massay Theater.
- Be expecting a 5% tuition increase due to state budget cuts. If you don't want a tuition increase, then **speak up**!
- During this time of year, MSC Clubs and other organizations conduct donation drives (food, clothing, toys, etc.). Your donations are welcome and will help those who are working through difficult times. Look around the college for various types of donation bins, and donate.
- During finals week, snacks will be available to MSC Students. Snack week is sponsored by MSC SGC.

FREE FOOD



For all students courtesy of your Student Government JKB 114 during office hours

Anyone interested in a Spring Bon-fire should come to an SGC meeting or stop by the SGC office, JKB 114, during open hours!

Student Gov. ***cont. from pg 1***

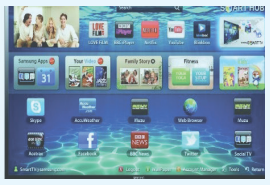
We have made it our mission this semester to accommodate the different needs of all students. We have introduced gluten-free options during our monthly Pizza Day events and will continue this trend during Thanksgiving week and finals week. If you have any other dietary restrictions or allergies please stop by student government and let us know.

MEETING CHANGES

The Student Government meeting room has changed. From now on the Student Government Council meetings will be held in JKB room 108 on Wednesdays from 11:50-12:50. We look forward to seeing you there, and we may have snacks so come join us and MAKE YOUR VOICE HEARD!

GYM MEMBERSHIPS

Student Government has been discussing the future of gym memberships. We have been tossing around a lot of ideas so that we can accommodate more students and give more access to fitness facilities. If you have ideas or would like to see some changes please stop by the office, JKB 114, or our weekly student government meetings. We will also be sending out a poll. Please fill it out so that we can better serve you!



Thanks to the determined efforts of our Vice President Richard Hamlin, we will soon have TV back in the cafe!

VOLUNTEERS NEEDED

PIZZA DAY EVERY 2ND WEDNESDAY

STUDENT GOVERNMENT IS LOOKING FOR

STUDENTS TO HAND OUT PIZZA

Coalition ***cont. from pg 1***

biggest topic of discussion was of course another tuition increase. Fellow coalition members felt that in our current fiscal situation a tuition increase was inevitable. President Johnson stressed that he would be presenting his suggestions to the Board of Regents but really wanted input from the coalition. Many ideas were tossed about by coalition members but ultimately the idea of a resolution was put off until the November 9th meeting so that students could have some time to speak with their campuses and get an understanding of how students feel about tuition increases. Some ideas from Student Leaders were to do gradual increases over the next 5 academic years of 1-2%. Others strongly opposed the idea of another tuition increase, and lastly some agreed that they would feel comfortable with a 5% increase in tuition.

So again, as a student, I urge you to call in, write in, or speak with your coalition representative, Jack Rogers, about your feelings on these matters. Students do have the ability to make a great impact on the decisions of the Board of Regents if you actively participate. Spread the word and make your voice heard by getting involved. University of Alaska tuition prices are the highest our region of the country for two year degrees. Another tuition increase can and will affect the price of your education. If you have thoughts or ideas please feel free to stop by the Student Government office (JKB 114) or our weekly meetings in JKB 108 on Wednesdays from 11:50 to 12:50.

ZOMBIE PROM

KING JOSEPH STARBUCK

&

QUEEN GABBY BLACK

Halloween Dance: 2016 Edition

by Brad Storch

Though wooden planks covered every door and window, zombies had overrun the room. A hellish scene from the season premiere of the Walking Dead? No -- Mat-Su College's annual Halloween Dance, this year held on October 28th. Billed a Zombie Prom, the event was held in the cafeteria and was open to all Mat-Su College students and their guests. Over the course of the evening about 20-30 students came and went. Compared to last year's Halloween dance, held in the theater, both the attendance and the venue were smaller. As such, it was a more intimate affair.

Credit for the successful event goes to Student Government and Dance Club for buying snacks and hiring a DJ, decorating the venue, and putting up flyers. Some members of the staff and faculty also volunteered their Saturday night to make sure nobody died.

FINALS TREAT WEEK

BrainFood™

Brought to you by your Student Government

December 12-16
7am – 7pm
In the atrium and Snodgrass Hall commons

Get involved in your school newspaper!

The Mat-Su Monitor

Are you:

- A reporter
- An artist or cartoonist
- A fiction writer
- A poet
- Interested in marketing, sales, or accounting
- A graphic designer

Join us!

Mondays and Thursdays
12:00-12:50pm
Library room (OLB) 213

For more information, or to submit articles online, search Mat-Su Monitor on the college website

Sophia, our Arctic Dragon Mascot, would like to introduce the ABCs of success for your educational journey:

***Awareness** of good mental health for self and others*
***Balance** between school, work, family, and self-care*
***Connection** to campus, community, friends, and family*

Mat-Su College is sponsoring a series of Dragon-approved ABC activities for students, staff, and faculty this semester. Collect Dragon stamps by attending events. Submit your Dragon stamps for prizes and entry in prize-drawings! Mat-Su College Journey activities and behavioral care services for students are supported by a Healthy Impact Grant from the Mat-Su Health Foundation.

November 29, 2016 – Introduction to Meditation

- **6 pm – 7:30 pm, FSM 202**
- **Review of health and medical benefits of meditation**
- **Understanding the stress response and the effects on the mind and body**
- **Review of cushion styles and postures**
- **Discussion of various styles of meditation and the historical basis of meditation in the world wisdom traditions of east and west.**
- **Introduction to a meditation technique with very simple instructions**
- **Meditation in class with follow-up discussion**
- **Using meditation as a foundation for positive life transformation**
- **Questions and answers**
- **Resources for future exploration**

Instructors: Samantha Berg M.Ac., L.Ac. and Kevin Meddleton, M.Ac., L.Ac. are licensed acupuncturists and the owners of Alaska Center for Acupuncture in downtown Palmer. They have been teaching meditation and holistic health practices to their patients and to the larger Mat-Su community for over 10 years. Their goal is to give you the encouragement, tools and confidence to overcome the common obstacles people face when starting and maintaining a meditation practice.

Dec 1, 2016 – Thoughtful Thursday

- Topic: Stress
- Noon – 1 pm, Art Gallery (FSM 200)
- 6 pm – 7 pm, Art Gallery (FSM 200)

Stress is a daily part of life for most Americans, but why? And does it have to be? Come join us as we review how stress affects the body and learn simple tips to be free from the strain of stress. Everyone is encouraged to bring their best anti-stress tip to share (if you have one)!

Bring your lunch or dinner and join these informative discussions led by Deborah Bannan, Assistant Professor of Human Services.

December 12-17 - Finals Week

- Stop by the atrium and check out the Human Services club's Resilience table and de-stress.

Watch out for the new Journey events coming in the spring.

- Collect dragon stamps for a Journey trail guide by attending yoga, mediation, Tai Chi, and happiness workshops and many other dragon-approved activities:Mental Health First Aid Training, February 24 and March 3.

- Adverse Childhood Experiences (ACEs) training will be available.
- There will be another Depression Screening Day courtesy of the Mat-Su College Human Services Club.
- The Public Health Department will be hosting a National condom week event in February 14-21.
- An Improv Troupe will create performances based a theme of healthy relationships.
- In March *resilience stations* will be set up on campus provided by students in a UAA Corporate Wellness class
- April is alcohol awareness month and Project Drive will be on campus for anyone who wants to participate can try out what it's like to drive as an impaired driver.
- April is National Sexual Assault and Prevention Awareness Month. Bystander Intervention Training will be available.

BUILDING BETTER FINANCIAL FUTURES

- FREE CHECKING AND SAVING ACCOUNTS
- CONVENIENT ATM LOCATION ON CAMPUS
- ACCOUNT ACCESS THRU MVONLINE AND MV MOBILE
- FIRST TIME AUTO BUYER PROGRAM

MATANUSKA VALLEY FEDERAL CREDIT UNION
WWW.MVFCU.COOP
FEDERALLY INSURED BY THE NCUA

Thanks to the Mat-Su Math Department $262 was raised during their November bake sale. The Student Veterans of Mat-Su College Club recieved matching funds from Student Govenrment. Proceeds will go the the Wasilla Veterans Center.

Survey says...

Over the last few weeks the *Monitor* has polled citizens of the Mat-Su College about who they would be voting for. Here are the results:

Republican	31%
Democratic Party	22%
Write -In	22%
Libertarian Party	19%
Constitution Party	3%
Green Party	3%

To participate in our next poll watch for our polling box at student events.

Take the Monitor's short, anonymous survey and get a chance to win a $20 gift card!
https://goo.gl/XRKJVd

Human Services Club

Hats, Gloves & Scarves Drive

Collecting from: November 1st - 22nd

Drop off your New or Lightly Used Hats, Gloves, and Scarves in this box

All donated items will be given to Alaska Family Services to assist their Clients

Help members of our community stay warm this winter!

BRIDGE UPDATE

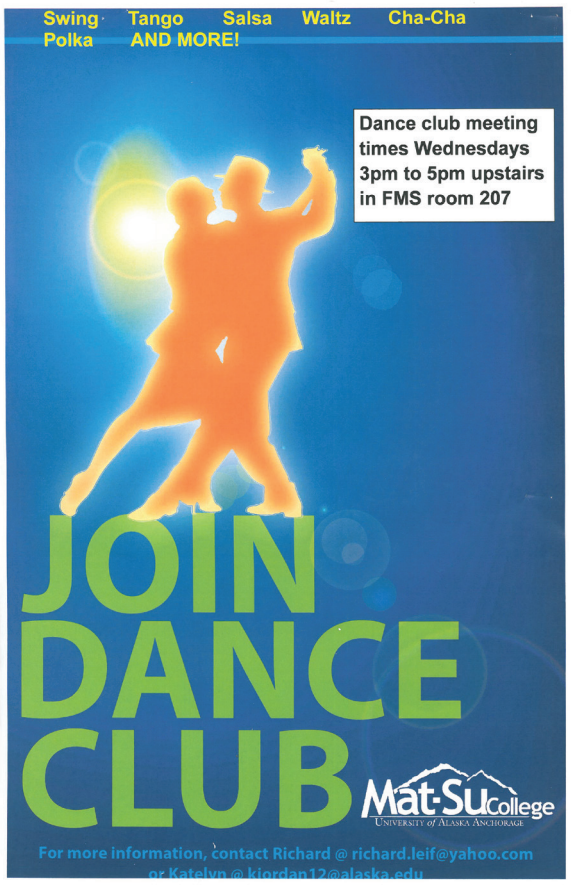
The bridge to Snodgrass Hall is moving right along. The decking has been installed. Plumbers have arrived to lay the in-floor heating. Once that's in the concrete can be poured and off we go...

Completion is expected early next semester.

MAT-SU CARBON CREW

Wed. 1:00-2:00 JKB 114
(Student Gov. Office)

Save the planet fanatics? NO!!! We are students that believe this planet is our responsibility and taking care of it is a necessity. Our main goal is to show others better ways to produce food, to use fuels more efficiently, and to use our resources in a manner that is beneficial. Yes, we love our world and want the people on it to thrive. Come join us. We meet every odd Wednesday of the month (1st, 3rd). FSM 114 3:00-4:00PM



Monitor

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Mondays
&
Thursdays
12:00-12:50
OLB 214
(upstairs in the Library)

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Alaska Native Cultures Club
Mat-Su College

We meet **every Thursday** 11:50am to 12:50pm **FSM 201** . *Visit the* STUDENT CLUB CALENDER on the Mat-Su website: http://matsu.alaska.eduOr e-mail us at: : MatSuANCC@gmail.com

Rock Hounds

Looking to start a new club on campus for those of us who might have been bitten by the Gold bug. Our goal is to plan trips to prospect, see the beauty our state has to offer and most importantly make new friends. Sign-ups are available in Student Government Office JKB 114. Please stop by and sign up.

Phi Theta Kappa Honor Society

Phi Theta Kappa

America's Military has proven time and again that they are willing to answer the call when it comes to protecting America. The transition from soldier to student can be a daunting experience.

Student Veterans of MatSu College
Mat-Su College Arctic Dragons

The Student Veterans of Mat-Su College has been created as a place for all individuals, regardless of military affiliation, to get together and support each other while enriching our lives through the pursuit of continuing education.

Membership is open to anyone who would like to become involved. For more information on the Student Veterans of Mat-Su College, find us on Facebook at https://www.facebook.com/groups/studentveteransofmatsucollege/ or email us at studentveteransofmatsucollege@gmail.com

UAA/MSC Christian Society of Fraternity and Service MSC

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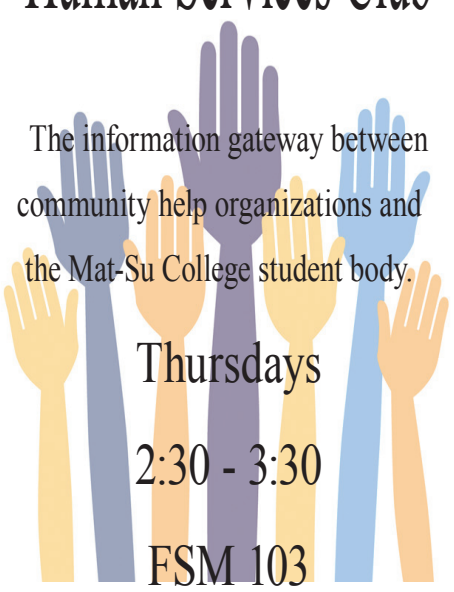
TUESDAYS
2-4
JKB 108

Human Services Club



The information gateway between community help organizations and the Mat-Su College student body.

Thursdays
2:30 - 3:30
FSM 103

Paramedic Association MSC

Paramedic students plan and organize various safety and health activities for the campus and community, including CPR classes. For more information contact: Dan Wallace 746-9329

Bri Bri's Top Ten Marvel Comics Universe Films!

By Brian Conaway

In anticipation for the release of Marvel's latest film, *Doctor Strange* on November 4th, I thought it only proper to list my top ten favorite marvel films. A quick disclaimer: I am not a cinephile. I am just really infatuated with these blockbusters, so much so that ever since *Avengers*, I have watched the majority of them three times each in theatres (where do I get this money?). Also, I am not even remotely acquainted with the source material. So why trust my judgments? No reason. Make your own decisions, but familiarize yourself with these movies so I can have the stupendous pleasure of geeking out with (or arguing with) you about them.

10. *Thor: The Dark World*—This one was a toss-up with *Iron Man 3* until I decided that this one is just the tiniest bit more bearable. It covers so much ground with the Marvel Comics Universe's (MCU's) all-powerful McGuffins and Thor's brother, Loki to justify a second and third watch. There's some pretty cinematography but be prepared to tune out Kat Dennings *a lot*. Needless to say, I'm hoping *Dr. Strange* at least kicks this one off the top ten list.

9. *Thor*—So Kenneth Branagh is a much better actor than he is director, and this movie certainly showcases that. Nevertheless, we get a riveting performance by fellow British man Tom Hiddleston as Loki, brother of the titular character. His transformation from confused to devious is engaging, and it's truly a treat to watch him develop into outright sinister. As for Chris Hemsworth as Thor… suffice it to say he's good as long as Kat Dennings is nowhere near him. The cinematography is good but sometimes campy, but as a whole it makes the cut.

8. *Ant-Man*—As the last phase two movie (even though it really should have been the first phase three movie, but that's irrelevant) *Ant-Man* introduces a new Avenger with abandon and confidence in everything that it has to offer. While campy, the movie works with its given material rather than against it and is a stronger film for it. The performances of Paul Rudd, Michael Douglas, and Evangeline Lily are certainly commendable and I recommend this film for those who enjoy heist films.

7. *Iron Man*—Credit must be given to the one that started it all, but more than that, it stands well enough alone to merit a place on probably everyone's own top ten list. This was the beginning of our immersion into the experience that has become the MCU. This was the outset of our journey beside Tony Stark as he develops the Iron Man suit to rid himself of a guilty conscience, our introduction to the all-seeing Nick Fury and to SHIELD. This was the one for everyone.

6. *Guardians of the Galaxy*—Let's face it, who doesn't love watching Chris Pratt strutting through the temple on a dying planet, dancing to 70's music in pursuit of an object that could vaporize a planet at a touch? Exactly. The CG is excellent and the soundtrack is catchy (no surprise there), and while the story is pretty uncomplicated, it left enough open to anticipate its sequel. Not to mention it covered a good chunk of ground with the aforementioned McGuffins and the Purple Man Upstairs, the Mad Titan Thanos.

5. *Captain America: The First Avenger*—This one was always my favorite Phase One film. I loved the moral uprightness of the protagonist and the dilemma of him being thrown almost a century out of time because of his heroism. While not gritty, it wasn't corny either, and when it did get campy it brought you right back to the serious tone of World War Two in a seamless way that complimented the inner turmoil within our main hero. The heroes and villains were solid, and introducing the Tesseract served as an excellent way to begin the arc that sets us on a trajectory to Infinity War (goosebumps, anyone?).

4/3. *Avengers: Age of Ultron*; *Captain America: Civil War*—I was so torn between these two that I can't even make up my mind. Thematically they are both very similar, and they have the best villains behind Loki, hands down. Both villains have unique motives, although it generally centers on revenge, despite their denial. *Ultron* provides the baseline for what will truly separate the Avengers in *Civil War,* which in turn closes the arcs of past films, while simultaneously opening the arcs for the future ones.

2. *The Avengers*—Is anyone really surprised? The convergence of so many arcs in such a seamless fashion is what makes the Avengers much greater than a summer blockbuster. It roots for every hero we had yet seen in the Universe at the time, and gave everyone a reason to watch it. The acting is incredible, the CG next to flawless, the dialogue intense, and the climax absolutely thrilling to behold. It's a movie I absolutely recommend to anyone who needs an introduction to the MCU, as it can be followed without much conscious effort. By that I mean it's simple, but in a good way. A way that is complementary of its source material. What else could we ask for in such a film that we didn't get with Avengers?

1. *Captain America: The Winter Soldier*—Whether this is the best MCU movie will be a debate for the ages. Personally, I rank it as my favorite for the amount of appeal it holds for its characters. I love the relationship between Captain America and Natasha Romanhoff as their styles of thinking both conflict with and complement each other. Cap is a black-and-white thinking soldier; Nat is a morally grey spy. Both need each other to support their convictions in light of the single most devastating twist in the MCU thus far. Amidst a backdrop of intrigue and betrayal these characters know they need each other, because both their haunted pasts are literally catching up with them.

On another scale, what makes the film for me is the fact that it is, as far as the MCU is concerned, filler. That is, it covers next to nothing regarding the Infinity Stones. Normally I'd be a sucker for the plot devices, those all-powerful McGuffins who we dread falling into the hands of you-know-who. So what makes this movie strong is that it engages me on the personal level rather than the (still impressive) cosmic one without making me feel inconvenienced or cheated. It's a story of valued friendships and insight of one's character and convictions. On a larger scale it is about the heart and location of patriotism. It's not in D.C., or in security organizations but in the hearts of *people* willing to lay down their lives for freedom. What better movie to convey that particular message in this particular series than a Captain America film?

Other honorable mentions of the movie are its excellent cinematography, serious tone, fantastic acting, spectacular fighting sequences, and overall ownership of its characters, who are all beautifully flawed in some regard or another. While these are all comic book movies, this one was the one I felt was the most layered and human.

Degree Program *continued from page 2*

is practicing with me, I will put together a set of interview questions both related to the academic program and general interview questions. If you are doing this yourself, spend a bit of time on Google and you should be able to find good questions. When the student comes in, I will interview them just like I would if it were a real interview; I expect them to come dressed as they would for an interview, I take notes, and I don't give feedback until we have completed the interview. Afterwards, we can go through the answers, what was great, what was okay, and what needs improvement. Having previously gone over their resume and background lets me take feedback a step further by pointing out missed opportunities to highlight strong qualities or experience. I take this very seriously because only critical feedback will help students improve. The student I recently helped who got into a competitive program told me this practice was invaluable.

So whether you come to me for help, or get it from someone else, do not neglect interview prep if required for your competitive program. Many of these programs only take between 10-20 students each year so you want to give yourself the best advantage you can. If you do want my help in preparing, I'd love to do so; just call Student Services at 907-745-9762 to make an appointment.

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Dr. Fox *continued from page 1*

student liked how Debi Fox "cared about the students and matched the effort they put in." One other student liked her style of teaching and how Debi Fox was "tough in all of her teaching but fair." Finally, one student commented about how Dr. Fox was "passionate in her teaching".

One of the faculty members stated, "she deeply cares about the students and has been seen, many times, going to student services to make sure her students are taken care of." Based on these responses Dr. Fox is succeeding in creating a good connection with her students.

The English classes that Dr. Fox teaches are theme based. Some themes used in past years are public education and technology. Dr. Fox stated that in order to do well in her class you can't just be smart. "It's not the best and the brightest—and it's not the naturally intelligent – that succeed. It's the ones who are diligent, who do the work on a regular basis, who are checking in with their professors; those are the ones who succeed. They get what they pay for. They are actually engaged in their own learning."

Dr. Fox is married to her wonderful husband, and has one son and daughter. She also has two grandchildren. Dr. Fox has traveled all over the world. She has put down roots in Arkansas, Germany, and Australia; however, she currently lives in Alaska where she practices her teaching career.

Here's how it works: A R C T I C D R A G O N
is B S D U J D E S B H P O

One letter stands for another. In this example the letter B stands for the letter A so all the Bs stand for the letter A, Ds stand for C, etc. Single letters, apostrophes, and word length are all clues. The code letters are different for every puzzle.

GXK UKTQZTLZ VTQAFTLL SOTL OF

UOCOFU XH. ZIT DGLZ ETKZQOF VQN

ZG LXEETTR OL QSVQNL ZG ZKN PXLZ

GFT DGKT ZODT.~ ZIGDQL Q. TROLGF

When Father Carves the Duck

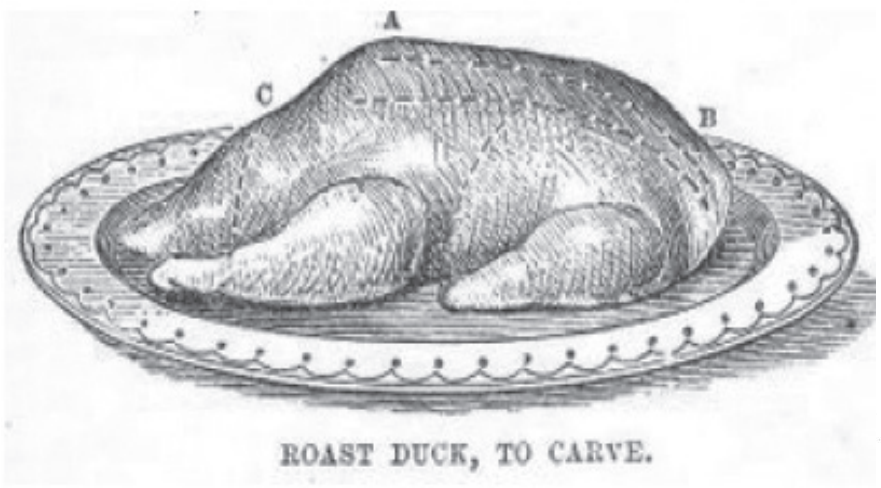
by Ernest Vincent Wright

We all look on with anxious eyes
When Father carves the duck
And mother almost always sighs
When Father carves the duck
Then all of us prepare to rise
And hold our bibs before our eyes
And be prepared for some surprise
When Father carves the duck.

He braces up and grabs a fork
Whene'er he carves a duck
And won't allow a soul to talk
Until he's carved the duck.
The fork is jabbed into the sides
Across the breast the knife he slide
While every careful person hides
From flying chips of duck.
The platter's always sure to slip

When Father carves a duck.
And how it makes the dishes skip!
Potatoes fly amuck!
The squash and cabbage leap in space
We get some gravy in our face
And Father mutters Hindu grace
Whene'er he carves a duck.

We then have learned to walk around
the dining room and pluck
From off the windowsills and walls
Our share of Father's duck
While Father growls and blows and jaws
And swears the knife was full of flaws
And Mother laughs at him because
He couldn't carve a duck.



ROAST DUCK, TO CARVE.

SUDOKU

Fill the grid with numbers so that each row, column and 3 x 3 section contains all of the digits 1 through 9.

5	1							7
				4				
				1		2		
							7	
	3		4	7		1		
4					2			
	8	4						6
				2			8	
		6		8				

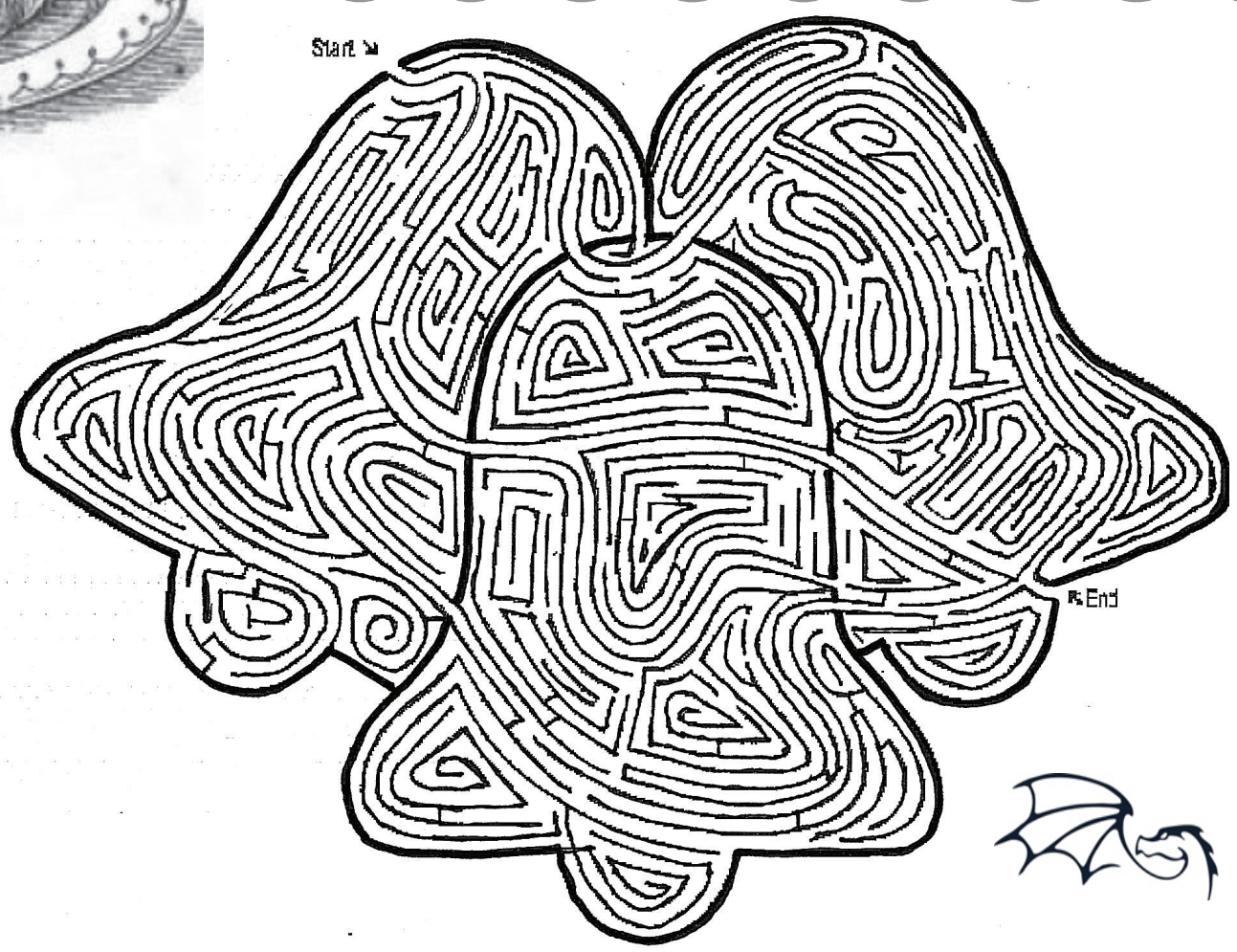
IT'S ALL ABOUT THE GAME

R	E	B	E	L	S	W	I	L	D	C	A	T	S	H
B	E	A	R	S	R	E	G	D	A	B	U	S	T	P
R	L	C	H	A	R	G	E	R	S	S	T	E	J	A
A	S	O	E	R	A	I	D	E	R	S	S	C	S	N
M	O	U	N	T	A	I	N	E	E	R	S	O	T	T
S	C	G	H	I	N	I	K	T	E	S	S	W	E	H
A	N	A	S	A	R	S	B	E	N	R	A	B	E	E
I	O	R	L	E	U	U	T	N	A	E	S	O	L	R
N	R	S	V	H	L	N	B	U	C	K	E	Y	E	S
T	B	L	N	L	U	O	G	D	C	C	A	S	R	G
S	O	R	D	L	N	A	N	E	U	A	H	T	S	N
W	O	O	O	V	J	E	R	I	B	P	A	N	S	I
C	G	V	E	A	G	L	E	S	M	Q	W	A	A	K
S	T	O	I	R	T	A	P	U	I	E	K	I	P	I
L	A	O	G	S	P	A	R	T	A	N	S	G	T	V

Circle the words from the list below. Place the leftover letters in the spaces for a special message!

_ _ _ _ _ _, _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ !

BADGERS
BEARS
BRONCOS
BUCCANEERS
BUCKEYES
BULLDOGS
CARDINALS
CHARGERS
CORNHUSKERS
COUGARS
COWBOYS
EAGLES
GIANTS
GOAL
JAGUARS
JETS
MOUNTAINEERS
PACKERS
PANTHERS
PASS
PATRIOTS
RAIDERS
RAMS
REBELS
SAINTS
SEAHAWKS
SEMINOLES
SPARTANS
STEELERS
VIKINGS
VOLUNTEERS
WILDCATS
WOLVERINES



Crock Pot Mongolian Beef

By Sam Ouellette

Ingredients

2-½ lb. flank steak
¼ Cup corn starch
2 tbs. olive oil
1 tbs. garlic, minced
1 tbs. ginger, grated
¼ tsp. chili flakes
¾ Cup soy sauce
¾ Cup water
¾ Cup brown sugar, packed
1 Cup carrot, grated
green onions for garnish

Directions:

Cut flank steak into thin strips, making sure to cut across the grain. Put steak into a plastic bag with the corn starch and shake to coat (may take a little more corn starch to coat).

Add olive oil, garlic, ginger, chili flakes, soy sauce, water, and brown sugar to the crock pot. Stir to combine. Add the flank steak. Stir again until completely coated with sauce.

Cover with lid and cook on low 4-5 hours, or until meat is cooked through. About 30 minutes before it is finished stir in the grated carrots (may add green onion for more flavor). Serve over rice.

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Healthy Eating Over the Holidays, or How to Avoid the Festivus Five

by Betty Simington

Steaming mugs of hot chocolate, stockings full of candy, plates of gingerbread cookies, and time spent with family. All holiday traditions, all causes of weight gain. To protect your waistline the Monitor has gathered some tips to keep you healthy over the holiday break.

- Don't let friends and family choose what you eat. You don't have to eat something just because your best friend made it. Memorize phrases like "it looks delicious, but no thanks" and "I'll try that later. I'm full now." Feel free to tell friends and family to keep snacks out of sight. If all else fails, steer clear of those who push unhealthy food on you.

- Don't use the holidays as a justification to eat unhealthily. The holidays don't mean you *have* to eat poorly, or that it's okay to. Remember that you're eating healthy because it's good for you. Nothing about that suddenly changes because it's December.

- Stock up on healthy snacks. Keep handy delicious nuts, seeds, and dark chocolate. These will satisfy your cravings without the sugar that tricks your body into overeating.

- Don't let one mistake derail you. This can happen in two ways. The first is the shame spiral. You eat 30 gingerbread men. You feel ashamed. You eat another 30 to avoid facing that shame. This is bad. Avoid shame spirals by realizing that everyone makes mistakes. Another problem is to write off entire days because of one mistake. This is facilitated by calorie counting sometimes. "I'm over my calorie goal already, so I might as well eat that four pound gummi bear. I'll hit my goal tomorrow."

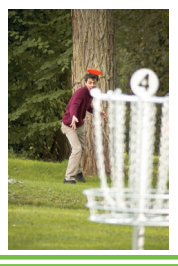
- If you know you can't stop with one cookie, don't start. For many people it is easier to say no entirely than to say yes just once.

- Exercise. If you're off from school and work, you can carve out some time for it.

- Avoid alcohol and soft drinks. These are full of empty calories and poison.

There is good news to go along with all these stern suggestions. Research consistently finds most people overestimate their holiday weight gain; the average gain is much closer to a pound or two, rather than the ten pounds people fear. But researchers also stress that those who gain the least weight are the ones who make the healthiest choices. It's all up to us.

Mat-Su college sudents and staff donated over 300 pounds of food to local food banks thanks to the efforts and dedication of the **UAA/MSC Christian Society of Fraternity and Service**



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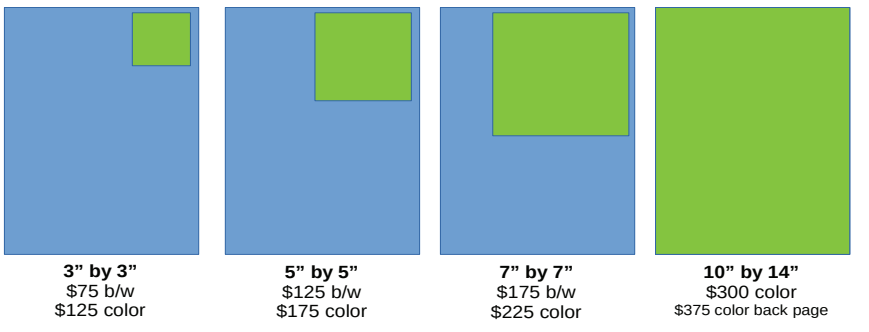
FROLF course courtesy of Student Government. Come to SGC meetings every Wednesday 11:50 - 12:50 JKB 108 to find out more!



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